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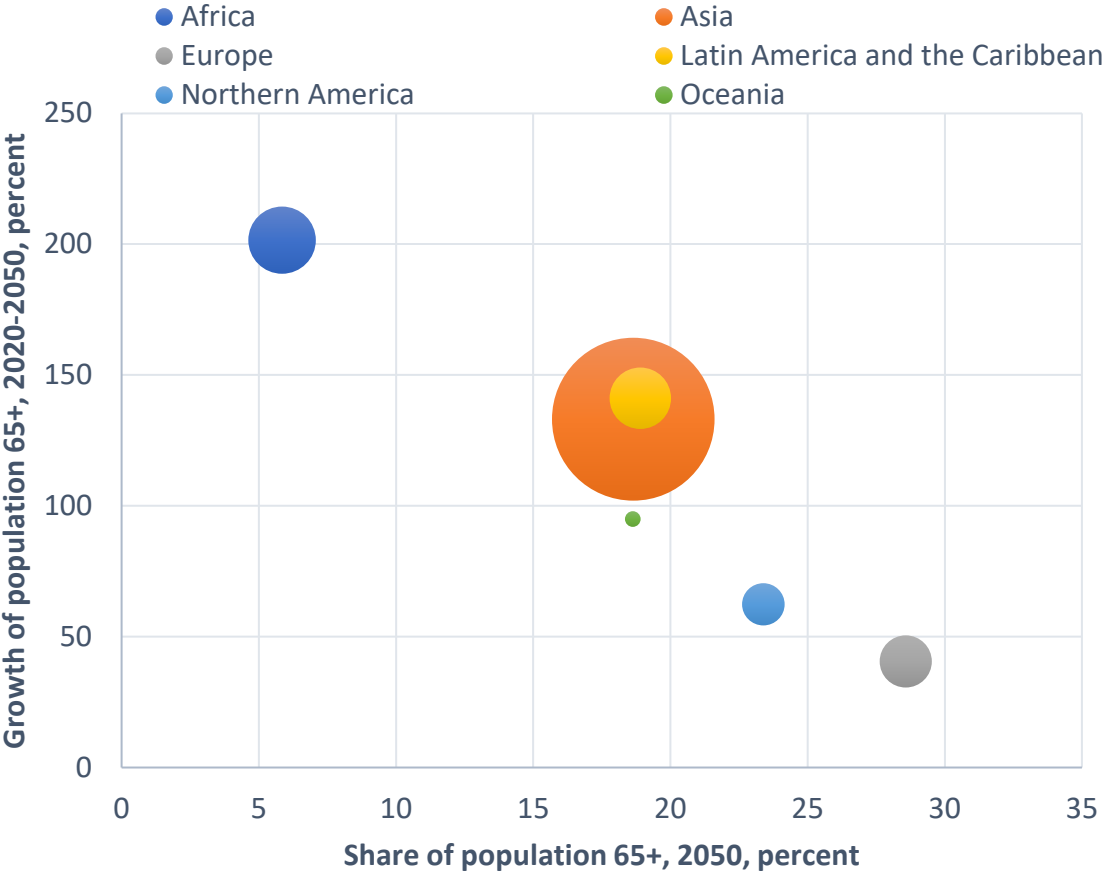


POPULATION AGING AND LTC

Emiko Masaki
Asian Development Bank

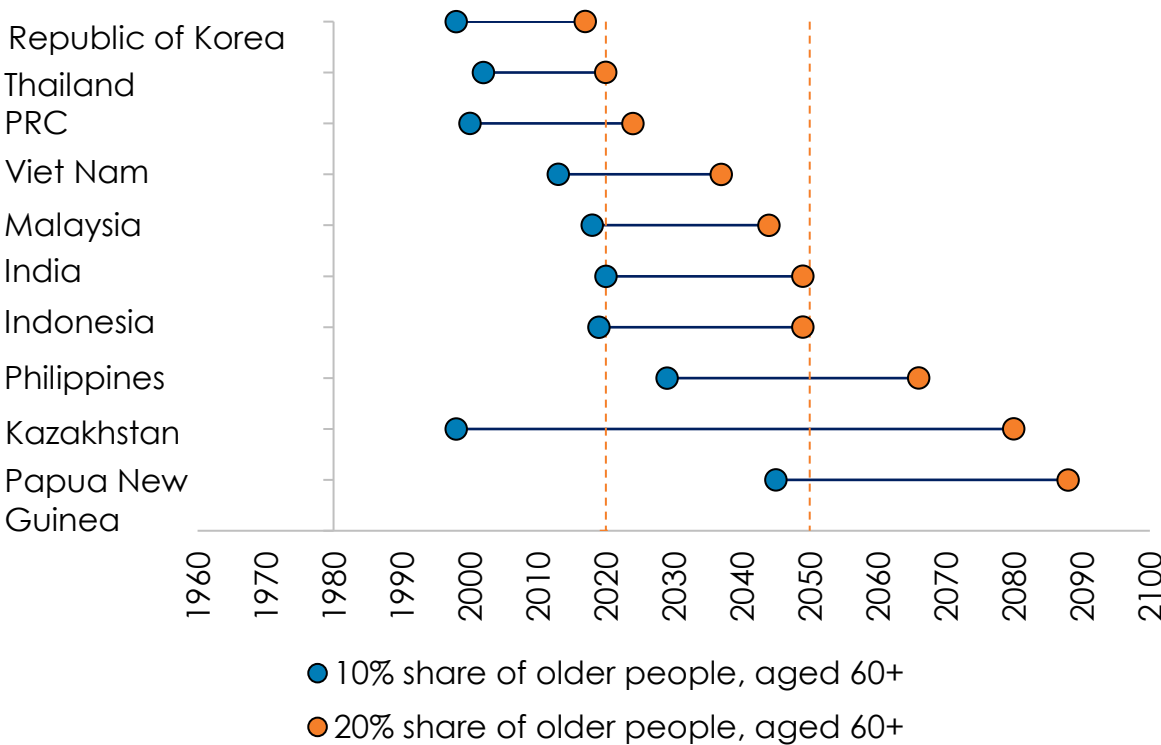
Asia is rapidly ageing and growing elderly population, both in numbers and share, but speed of ageing varies across countries

Share and Size of Population Aged 65+ by Region, 2000-2050



Source: World Population Prospects, 2024 (accessed August 30, 2025)

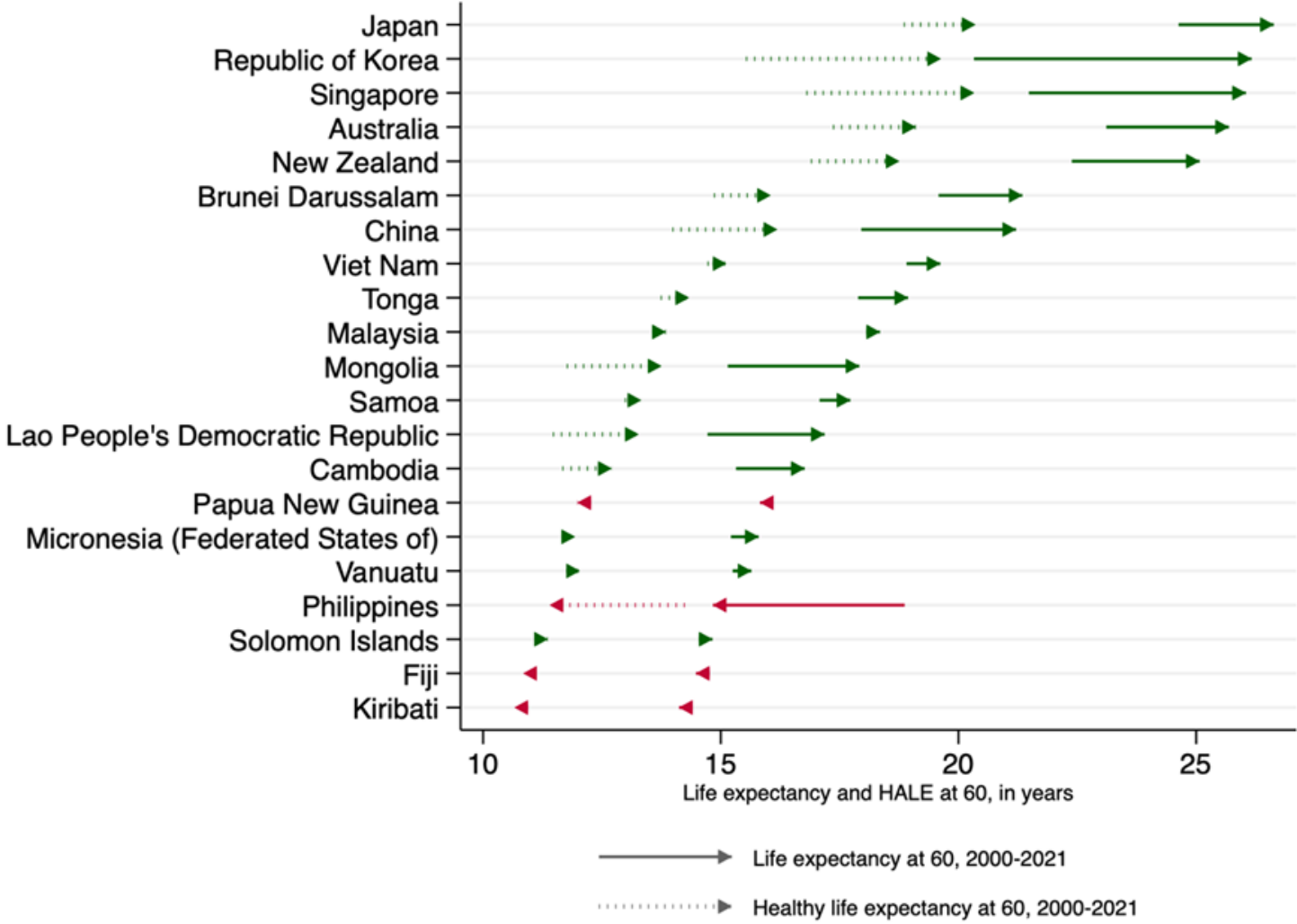
Expanding Shares of Older People in Developing Asia



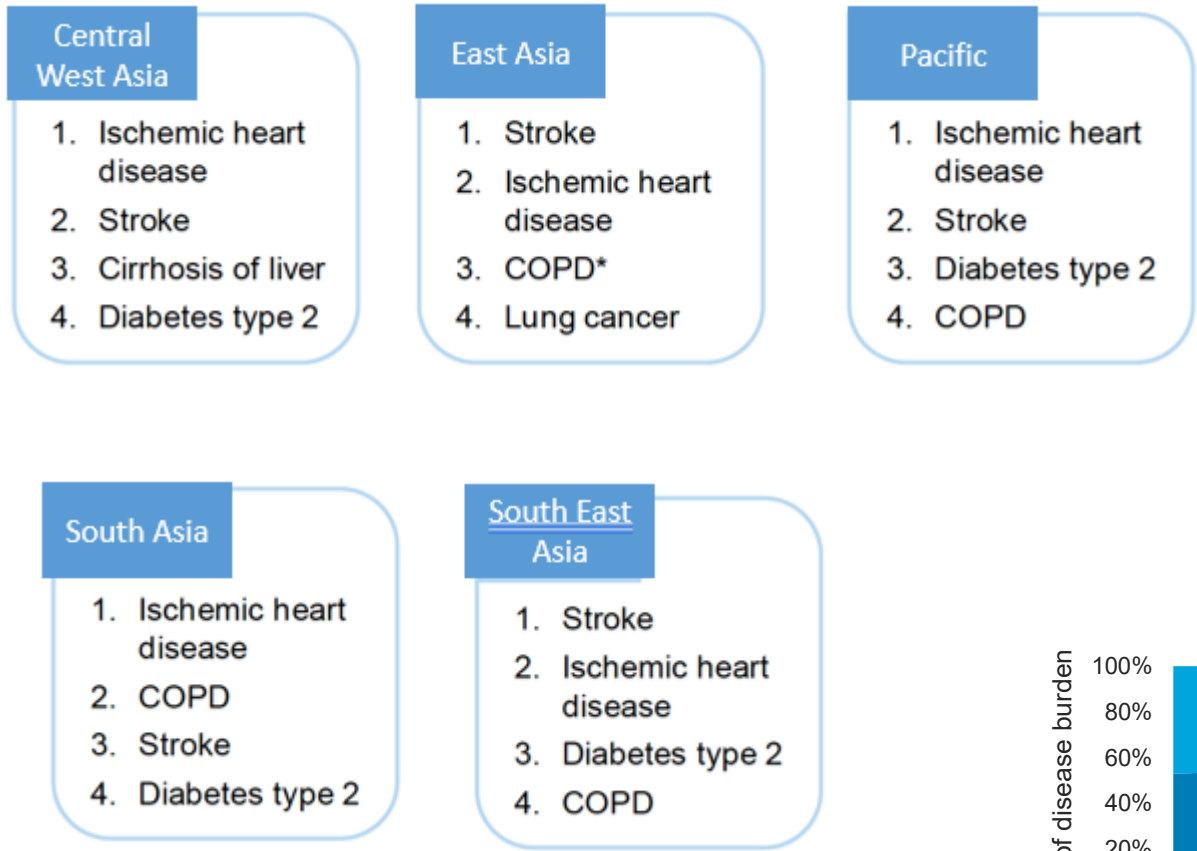
PRC = People's Republic of China.
 Note: Developing Asia reached the threshold of 10% elders aged 60+ in 2013 or 2014, which coincided with it becoming an "aging society" defined as one with 7%–14% of the population aged 65+ (UNESCAP 2022).
 Source: ADB estimates using data from UN DESA Population Division. World Population Prospects 2022.

Significant gap between life expectancy and healthy life expectancy

Life expectancy and HALE at 60 years, 2000 and 2021



Noncommunicable diseases (NCDs) are increasing across the Asia-Pacific region



Cardiovascular Diseases



Chronic Respiratory Diseases

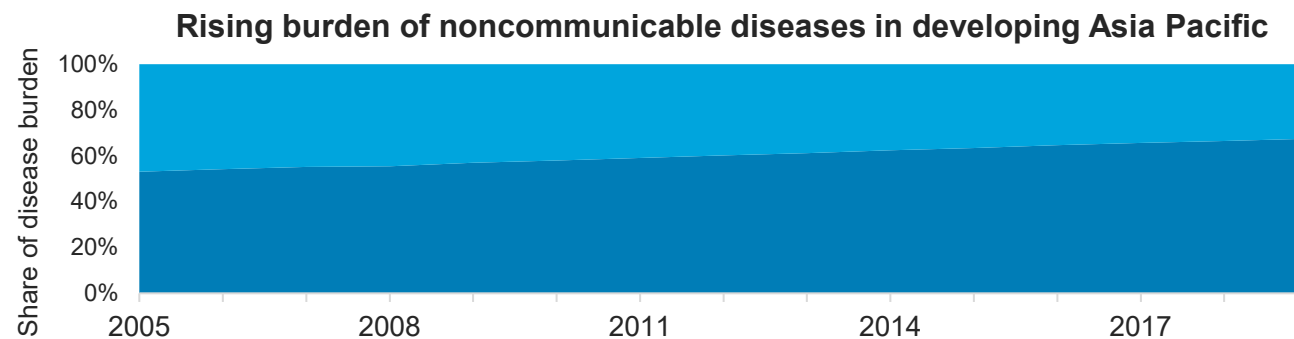


Diabetes



Cancer

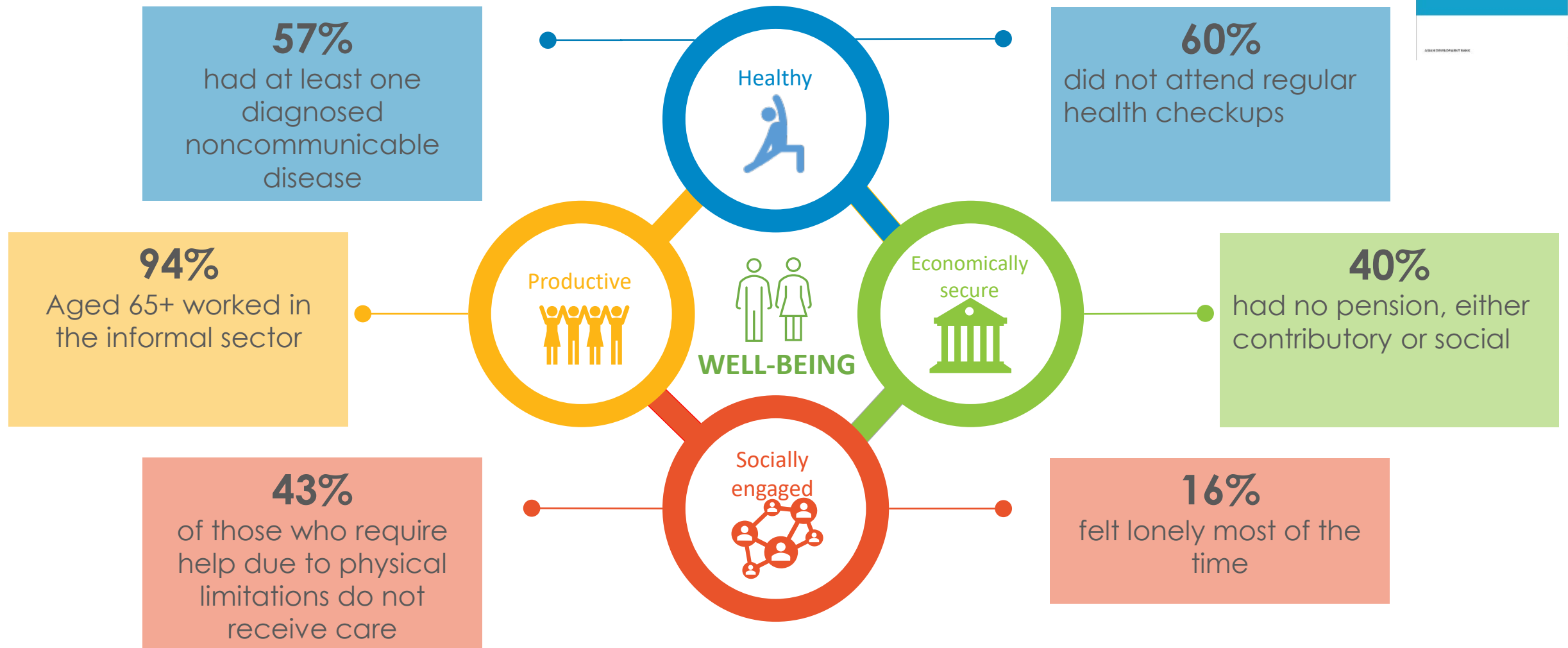
Ranked by share of disease burden



Institute for Health Metrics and Evaluation (2019). *Global Burden of Disease Study 2019 (GBD 2019)*, Seattle, US. ■ NGDs ■ Other causes
 COPD = Chronic obstructive airways disease

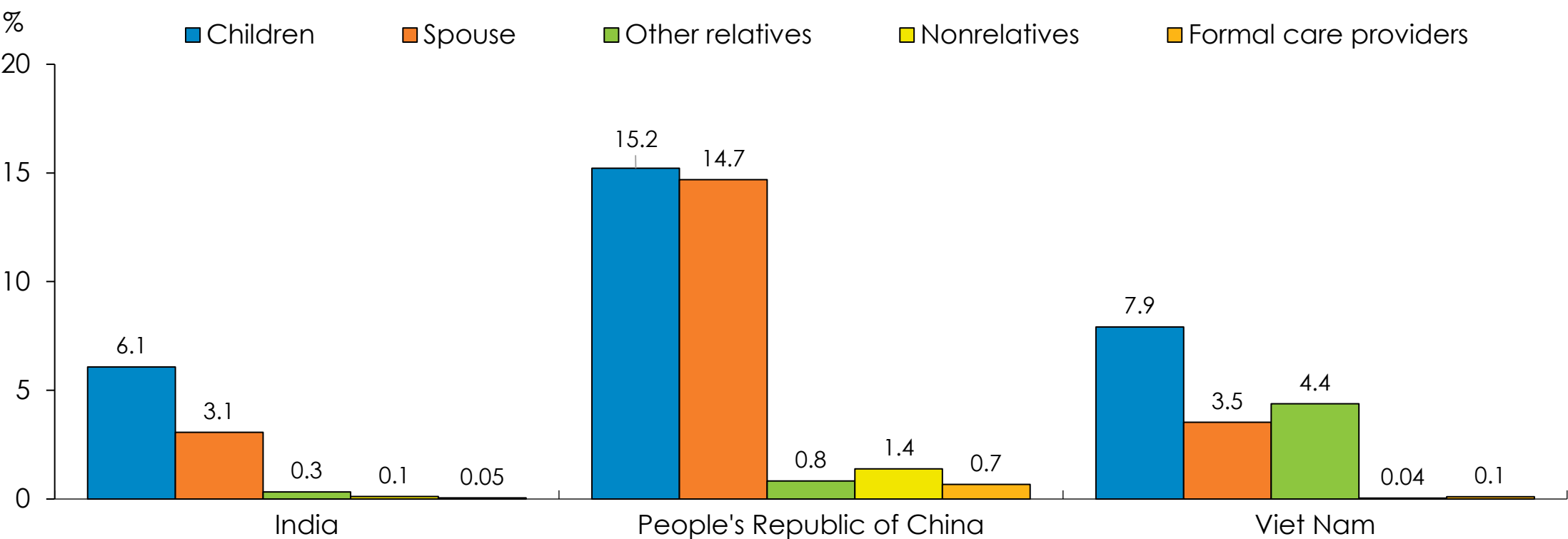
The well-being of older Asians is at risk

Regional Indicators of Well-Being in Older Persons Aged 60+



Family provides virtually all of the long-term care and the demand is increasing for public support

Share of Those Receiving Aged Care by Care Provider, by Country

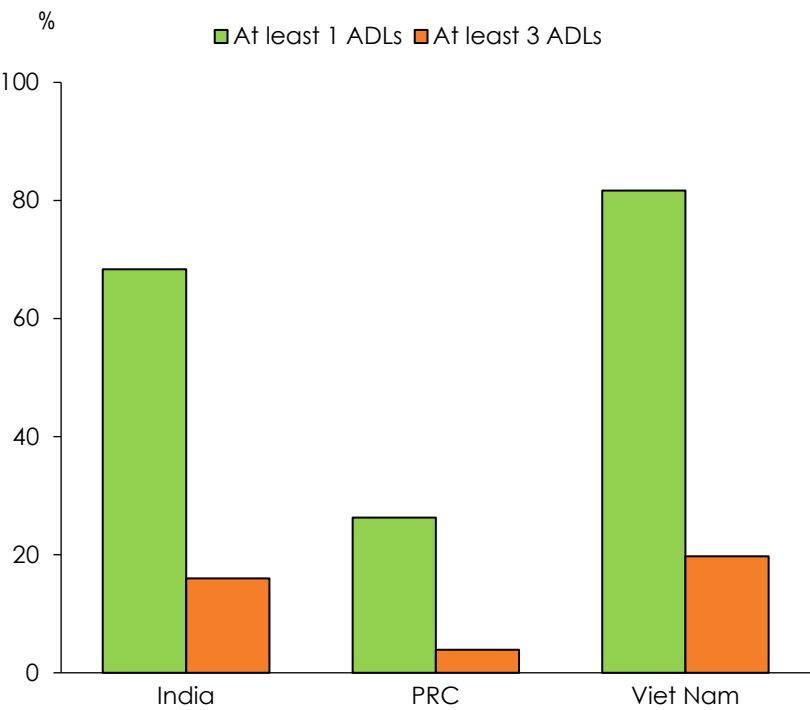


Note: Receiving aged care is defined as care received for any activity of daily living: dressing, bathing, eating, getting in and out of bed, and using the toilet. Years covered = 2017–2019. Observations = 45,045.
 Source: ADPR 2024. Box. 1.1.

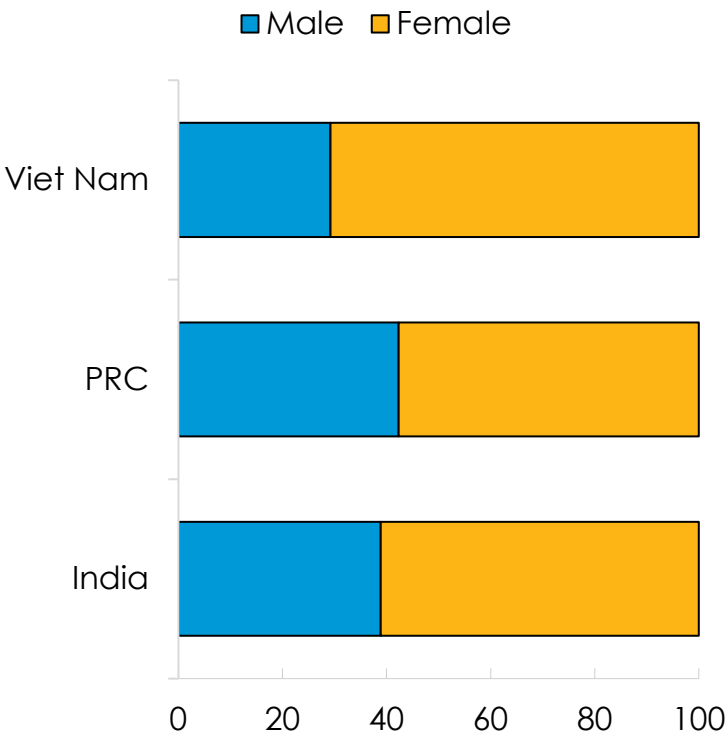
Unmet needs for long-term care is extensive, especially for women and the poor

Share of Older People with Unmet Long-Term Care Needs

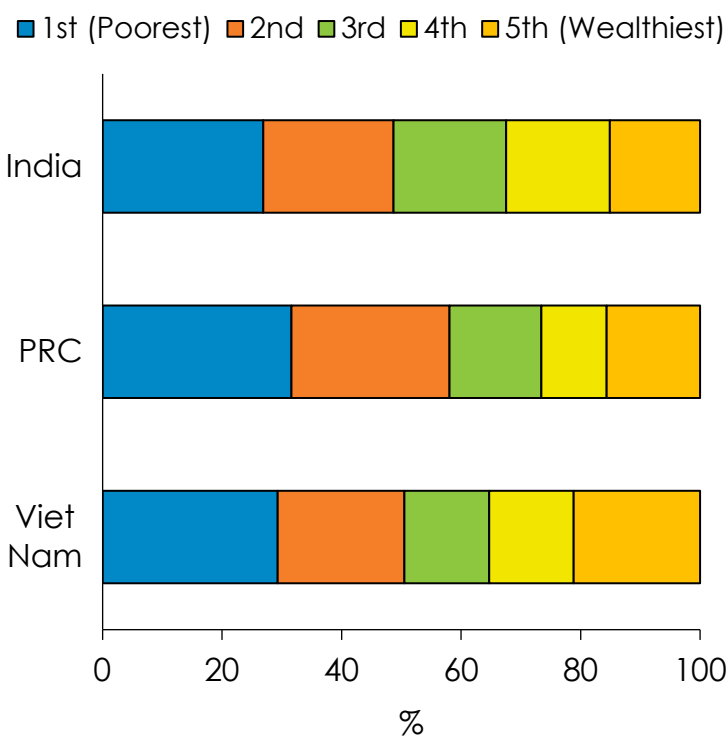
A. Care gaps by number of physical limitations



B. Care gaps by gender



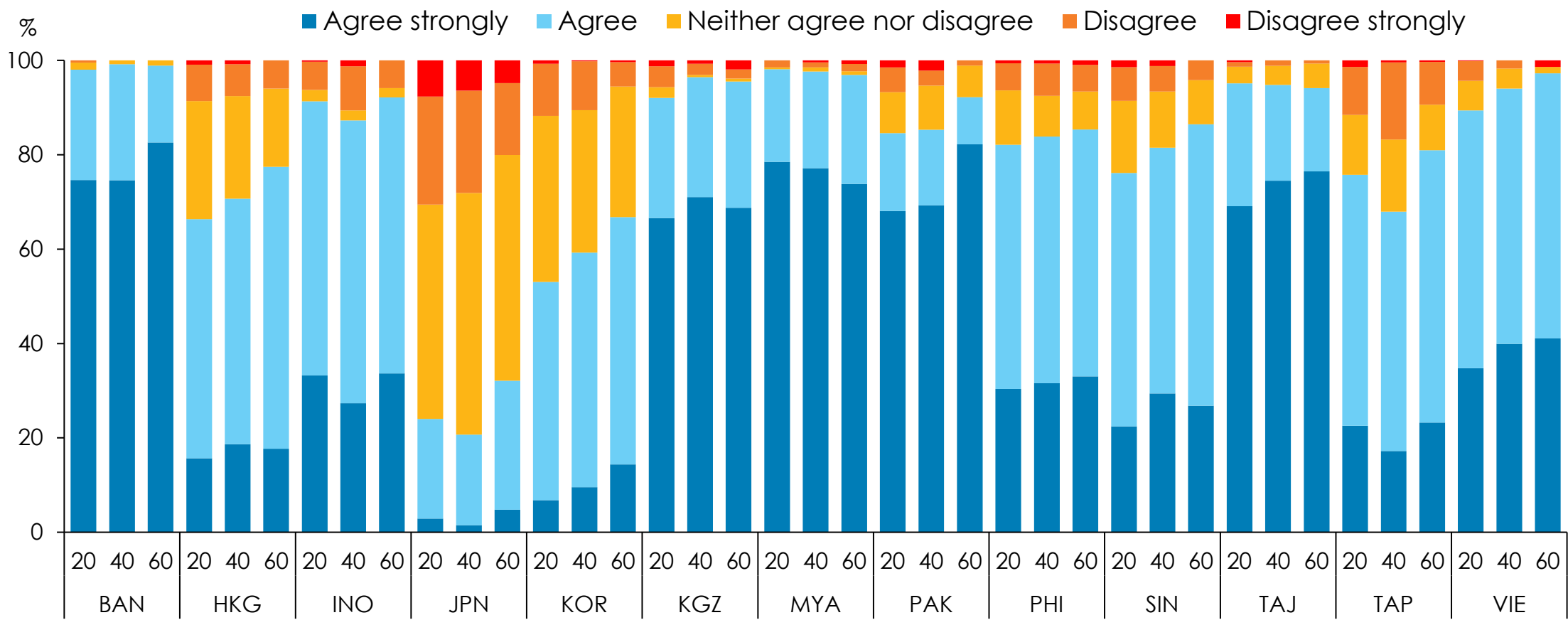
C. Care gaps by wealth



ADL = activity of daily living, PRC = People's Republic of China.
 Notes: Panel A shows percentages of people aged 60+ who reported receiving no care in the past month despite impairment affecting at least one ADL or at least three ADLs. Panels B and C consider people aged 60+ who received no care despite impairment affecting at least three ADLs. Quintiles are numbered from poorest (1st) to wealthiest (5th). Survey years are 2017–2019.
 Source: ADPR 2024. Chapter 1, Box 1.1.

The Social Expectation of Filial Care is Declining

Perspectives on Whether Adult Children Have a Duty to Provide Long-Term Care for Their Parents



BAN = Bangladesh; HKG = Hong Kong, China; INO = Indonesia; JPN = Japan; KOR = Republic of Korea; KGZ = Kyrgyz Republic; MYA = Myanmar; PAK = Pakistan; PHI = Philippines; SIN = Singapore; TAJ = Tajikistan; TAP = Taipei, China; VIE = Viet Nam.
Note: The values on the x-axis indicate age groups where 20 = 20–39 years old, 40 = 40–59 years, and 60 = 60–79.
Source: ADB. ADPR 2024 based on World Values Survey. World Values Survey Database. Wave 7, 2017–2021.

Strategic Support in Adapting to Aging Societies

Investment Opportunities



Health and Care: UHC, alignment of health systems, long-term care, integrated care delivery, workforce development, NCDs and geriatric conditions, brain health and dementia care, assistive technology, AI and digital innovation



Social protection: Social pensions and reform and expansion of contributory schemes; programs targeting persons with disability, support to caregivers



Inclusion: financial and digital inclusion; gender



Education, training and jobs: for older persons: lifelong learning, reskilling, labor policies; to support aging populations - health and care, wellness, design and construction: support **Silver Economy**



Healthy and age friendly cities and communities: urban infrastructure, design, housing, social services, transport, climate change resilience

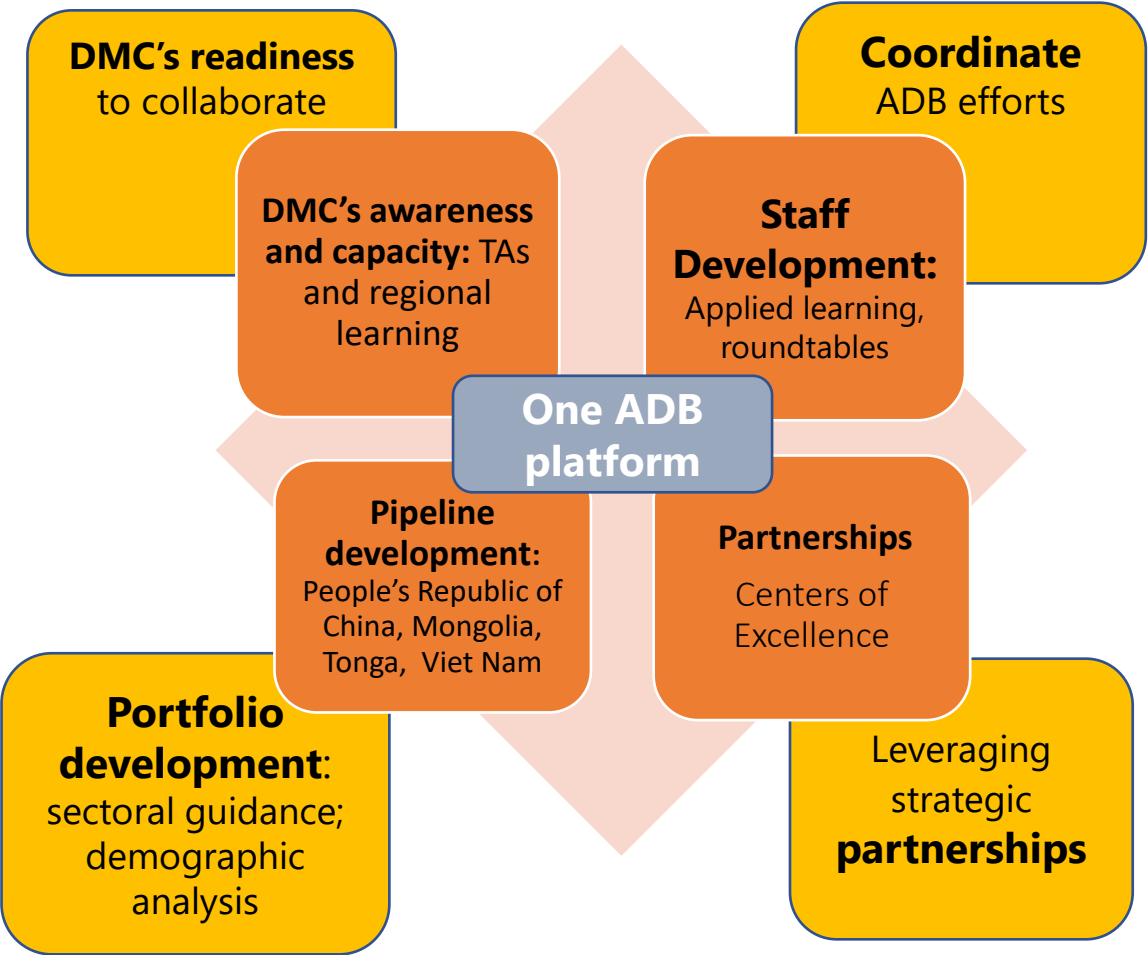


Private sector and private public partnerships: Silver Economy in the region projected value of \$4.6 trillion by 2025, up 43% in 10 years

NCD=noncommunicable disease, UHC= universal health coverage

Approaches

Policy development is happening quickly, but strategic planning and clear ideas on how best to adapt are lagging



The "One ADB" approach encourages collaboration between ADB's sovereign and nonsovereign operations, synergy in knowledge activities between operations and nonoperations departments, and integrated solutions through collaboration across sector and thematic groups

ADB’s Engagement on Aging and Long-Term Care: Projects

- Focus on LTC systems, integrated care, and sustainable financing for LTC
- Builds evidence from community pilots to test models
- Alignment with sector development policies - UHC, social protection, and urban development

Yichang, PRC – Comprehensive Elderly Care Demonstration

- Demonstration of integrated LTC with residential, community, and home-based services coordinated across health and social care
- Supports private sector participation and strengthening workforce capacity

Hebei, PRC – Elderly Care Development

- Province wide project focusing on horizontal integration of services (home, community, institutional) and ICT integration, workforce development, and quality standards

Mongolia – Establishment of Elderly Care System and Services

- Supports upgrading of elderly care centers and development of integrated care services in Mongolia
- Supports development of policy & regulatory framework, financing strategy for elderly care

ADB Technical Assistance on Healthy Aging and Long-Term Care: From Policy to Scalable Programs



Policy and regulatory framework development



LTC financing models, and fiscal sustainability



Service delivery and quality standards



Workforce development and Training



Knowledge sharing and replication

Regional TA – Developing Long-Term Care Systems and Services

- supported multiple countries in designing national LTC strategies, covering governance, quality standards, and the balance between formal and informal care
- Implementation of community-based LTC pilots
- Knowledge generation and management on LTC

Toga – Integrated Aged Care Project

- The project aims to enhance the well-being and quality of life of older people in Tonga by providing appropriate, safe, and high-quality integrated health and care services, and support to caregivers. equipping urban and rural centers with care infrastructure and training programs (grant financed)

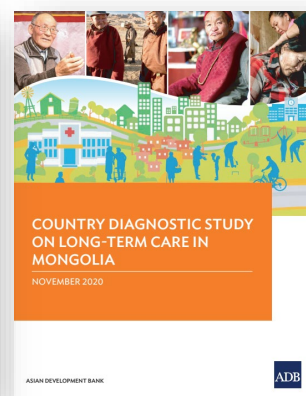
ADB Knowledge Products on Healthy Ageing and LTC



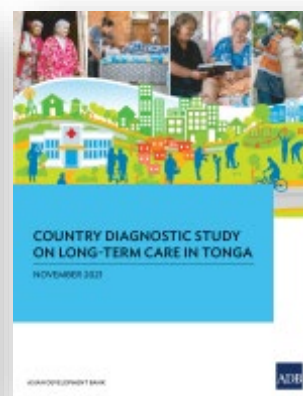
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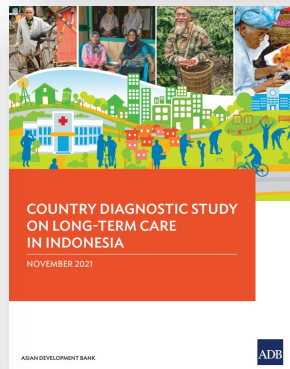
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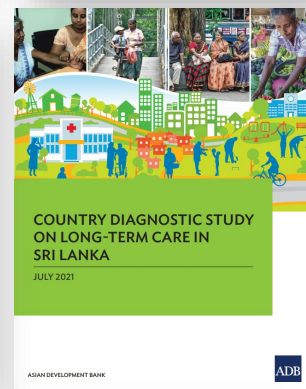
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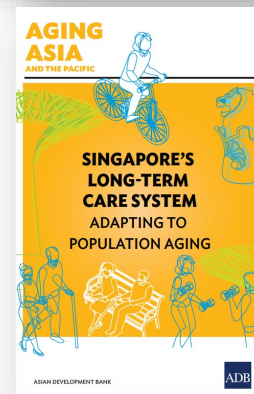
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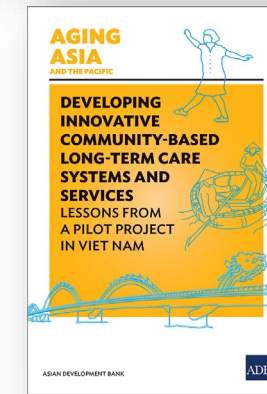
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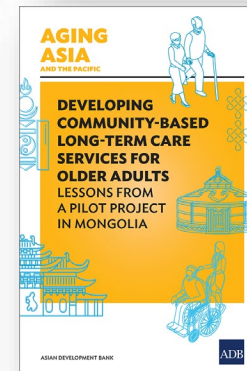
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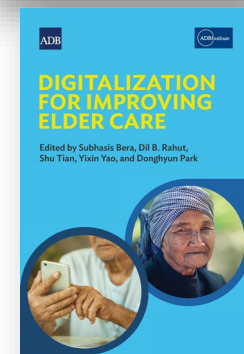
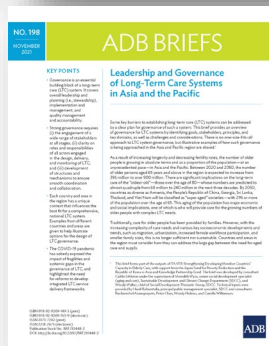
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Caring for Older Persons: Evidence from Thailand (short version)